

# WHAT WE KNOW ABOUT THE OMICRON VARIANT

1. Omicron is much more highly contagious than previous variants of the coronavirus.
2. If you are not yet vaccinated, Omicron is a cause for high concern.
3. The best protection against omicron is to get a COVID-19 vaccine booster.
4. If you are boosted, continue to observe COVID prevention measures: wear a mask in public places, social distance, increase ventilation, wash your hands.
5. People who are fully vaccinated and boosted can still get COVID. Boosted individuals may be carriers of the COVID-19 virus, be asymptomatic or have minor symptoms, and still transmit the virus to others. Don't be responsible for giving your family or friends COVID-19 this Christmas holiday season!
6. If you travel, get tested within 24 hours before you depart.
7. Because the omicron variant is so highly transmissible, if you are not yet fully vaccinated and boosted, chances are much increased that you will get COVID-19 during the current surge. Unvaccinated persons should take all CDC recommended precautions and get vaccinated as soon as possible!
8. Some of the current treatments used for managing patients with severe COVID-19 including Regeneron are less effective against Omicron.
9. While there is still much we don't know about Omicron, we do know that getting boosted will increase your protection from getting COVID and/or having severe symptoms if you get it. Don't wait! Get Boosted!

## The WHO and the CDC recommend the following:

1. If you are not yet vaccinated, get vaccinated and a booster.
2. If you are fully vaccinated get a booster!
3. All adults should get booster shots six months after finishing the first two doses of Moderna's or Pfizer/BioNTech's vaccine and two months after getting Johnson and Johnson's single-dose vaccine.
4. Continue to wear a mask in public indoor places even if you are fully vaccinated and boosted.
5. Social distance: keep a physical distance of at least 3 feet from others
6. Open windows to improve ventilation; avoid poorly ventilated and crowded spaces.
7. Keep hands clean, cough or sneeze into a bent elbow or tissue.

